

Arizona Physical Education Standards Articulated by Grade Span Strand 6

Concept: Values Physical Activity			
K-2	3-5	6-8	9-12
PO 1. Exhibit both verbal and non-verbal expressions of enjoyment.	PO 1. Identify at least one enjoyable activity that you regularly participates in.	PO 1. Demonstrates enjoyment during and/or after engaging in physical activity.	PO 1. Identify attitudes associated with regular participation in physical activity and/or fitness development activities.
PO 2. Participates in new skills and movement activities.	PO 2. Identify positive feelings associated with participation in physical activities.	PO 2. Demonstrates interest/willingness to learn more about or try new activities or challenges.	PO 2. Strategize ways to overcome obstacles to regular participation in physical activity.
PO 3. Continue to participate when not successful.	PO 3. Actively participate in group physical activities.	PO 3. Engage in physical activity for personal, social, and/or health benefits beyond the Physical Education program.	PO 3. Examine the role motivation, prioritizing, dedication and self-discipline play in fitness development.
PO 4. Identify several physical activities that are enjoyable.	PO 4. Select and practice a skill on which development is needed.	PO 4. Identify obstacles to regular participation.	PO 4. Develop and implement a plan for personal fitness development and maintenance that considers the factors in PO 3.
PO 5. Express positive feelings on progress made while learning a new movement skill.	PO 5. Participates in a broadened and challenging array of physical activities.		PO 5. Select and participate in physical activities that are personally meaningful.

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			PO 5. Explain how an understanding of self-efficacy and self-esteem is related to physical activity and the ability to use self-management skills necessary for development of both.
			PO 6. Reflect upon the mental benefits of participation in physical activity.
			PO 7. Examine one's own feelings in having accomplished personal fitness goals or failure to reach such goals.